

Abstract

Bachelor thesis title : Regeneration in soccer

Goal : Comparison of usage regenerative methods and means in training process with chosen teams from both professional and amateur soccer.

Method: Questionare survey, qualitative research

Results: Of the eleven kinds of regeneration professional club allows just nine kinds of regeneration. On the other hand the monitored team, that plays the lowest competition of four respondents teams, allows seven kinds of regeneration. 54% of players call regeneration as a rest and 7% of the players did not respond to the question. After workout static stretching performed 43 players of the 44 players.

Key words: Soccer, Regeneration, Regenerative means.